



FAST GUARD™
Collective Fall Prevention System

USER GUIDE



IMPORTANT INFORMATION

You have just acquired a Collective Fall Prevention System from B Safe Limited and we thank you for your confidence.

In order for this product to meet all your requirements, we ask that before each use you to follow the guidance in this manual, ignoring the guidance could give rise to serious consequences.

We strongly suggest you read this guide again from time to time

IT IS IMPORTANT THAT THIS GUIDE IS GIVEN TO THE END USER.

Please check that the system is compatible with the recommendations of all other components within your access system. It is necessary to be completely sure, before use, that the recommendations specific to each element associated with this product are respected.

Wherever possible it is strongly advised to personally attribute responsibility for this system, its operation and safe keeping to an individual user.

While in use protect your system and its components against all risks connected with the work environment: thermal, electrical, or mechanical shocks, acid discharges etc.

Attention

Activities at height are dangerous and can bring about serious accidents and injuries.

We remind that you are personally responsible in the case of an accident, injury or fatality to either yourself or a third party during or following the use of one of our products.

It is recommended that use of our products is completed under the supervision and instruction of a competent and experienced person.

Ensure that you have received adequate training in the use of this system and make sure that you understand how it works. If there is any doubt, do not take any risks but seek advice.

A good physical condition is obligatory in order to carry out work from height.

B Safe Limited declines all responsibility for any use, storage methods or maintenance carried out in any manner whatsoever other than that described within this guide.

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INTRODUCTION

Falls account for more than half of the fatal accidents in the construction industry every year. Scaffolders are particularly at risk and many are seriously injured, or worse, as a result of a fall from height while carrying out their everyday duties.

All of these accidents could be significantly reduced, or eliminated completely, by providing the most effective and appropriate safety equipment available and ensuring the correct training in its use is given and recorded.

Clear and precise hierarchy of control measures detail the duty holder's legal obligations and responsibilities to those working at height.

Avoid working at height where possible, where that is not deemed reasonably practicable provide sufficient work equipment for preventing a fall occurring.

When selecting work equipment for use in work at height, give collective protection measures priority over personal protection measures at all times.

Proper consideration of Advance Guardrail Systems is one way to comply with your legal obligations. More importantly implementation is the only way of providing scaffolders with the best protection from falling from height while carrying out their everyday duties.

THE *FAST GUARD*™ SYSTEM

The key component within the *FAST GUARD* system is an innovative coupler that locks onto a scaffold standard, from any direction without need of tools.

Once fitted onto a scaffold the coupler resists unintentional downward movement whilst still allowing intentional movement in an upwards direction.

The coupler is designed to locate and receive a standard scaffold handrail, which when fitted can be raised, using a *Fast Guard* Wand, to a height beyond normal reach, where it will lock without the need of fastening or tightening.

FAST GUARD is designed to self level advance guard rails from a previously levelled datum, allowing subsequent permanent guard rails to be placed without the need for additional levelling techniques. This feature saves significant time and results in the use of *Fast Guard* being virtually time neutral, making it the fastest collective fall prevention system available.

The *FAST GUARD* system is light and compact and can easily be moved from one job to another. The installation of the system follows the same principals as other routine scaffold operations and will easily become second nature to operatives who use it.

SAFE WORKING PRACTICES

Use of a Collective Fall Prevention System (CFPS) does not completely eliminate the risk of falling.

Personal fall protection equipment should always be worn when; raising or lowering scaffold boards or decks between working platforms, undertaking alterations, adaption's or other non standard scaffolding tasks.

Always follow training received and the advice contained within this guide for the safe use of the *Fast Guard* system.

Never use any part of the *FAST GUARD* system, or scaffold tubes supported by the system as a ~~drop up~~ or as an attachment point for a safety harness or any other fall arrest system.

Never use the *FAST GUARD* coupler as a load bearing coupler with other applications.

Plan the installation method of the *FAST GUARD* system prior to commencing each project.

Ensure that all personnel using the equipment have been adequately trained.

We remind that you have a personal legal duty of care to ensure the safety of both yourself and those around you.

INSPECTION GENERAL

Periodic examination of work equipment is crucial to its continuing safe performance and to the safety of workers who use it.

This is particularly important with equipment used as part of a fall prevention system.

Please read Important Notes on pages 2 & 32.

SAFETY NOTE

Never use any part of the *FAST GUARD* system, or scaffold tubes supported by the system as a ~~drop up~~ or as an attachment point for a safety harness or any other fall arrest system.

If equipment has been subjected to impact load take out of service and return to manufacturer for inspection.

SYSTEM COMPONENTS

The *FAST GUARD*™ FGS8 system comprises of

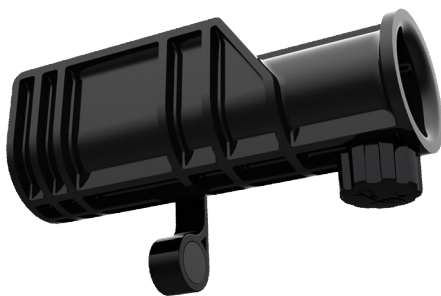
8	Couplers and Cradles
3	Joiners
1	Wand
	Transport Bag
	User Guide
	Fast Start Notes



COUPLER and CRADLE



TRANSPORT BAG

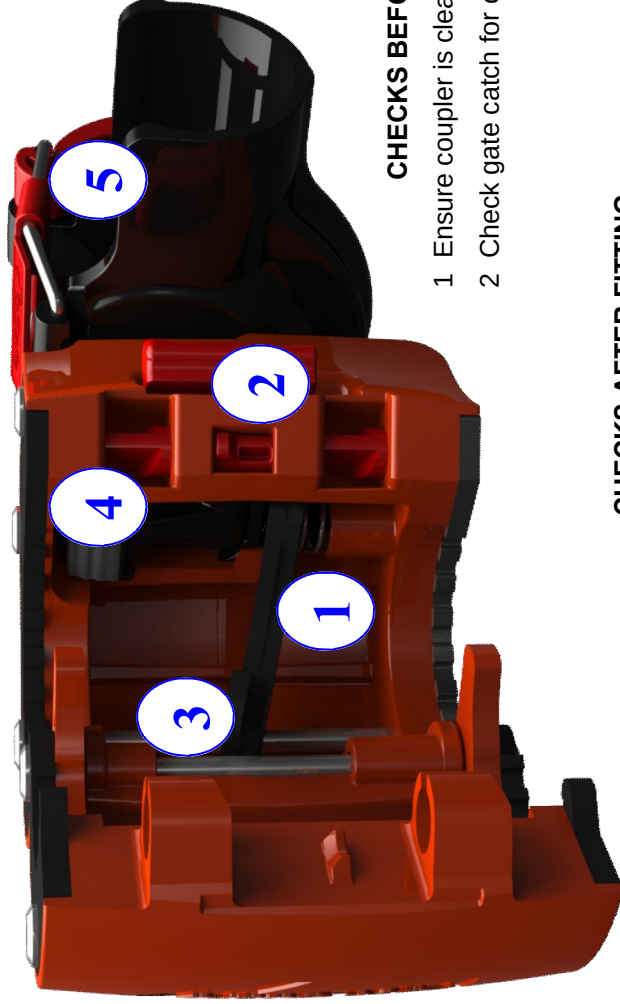


JOINER



WAND ASSEMBLY

COUPLER SAFETY INSPECTION (before each use)



CHECKS BEFORE FITTING

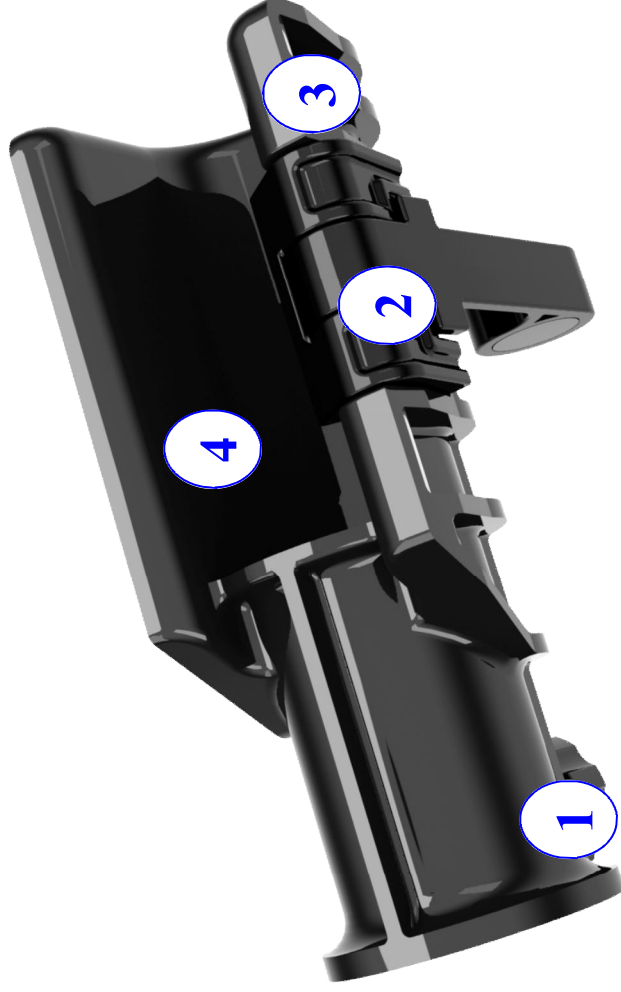
- 1 Ensure coupler is clean and free from debris
- 2 Check gate catch for correct operation

CHECKS AFTER FITTING

- 3 Coupler should resist downward movement - this will confirm locking plates are operating correctly
- 4 Coupler should resist upward movement when lifted under cradle- this confirms correct brake operation
- 5 Check cradle cam lock operation - cam blade should snap shut and lock in both positions

SAFETY NOTE If the coupler shows signs of wear or damage **DO NOT USE** refer to manufacturer

JOINER SAFETY INSPECTION (BEFORE EACH USE)



- 1 Check operation of thumb screw
- 2 Check lock operates freely
- 3 Ensure all fixings are tight
- 4 Ensure free from debris

SAFETY NOTE

If the Joiner shows signs of wear or damage **DO NOT USE** refer to manufacturer

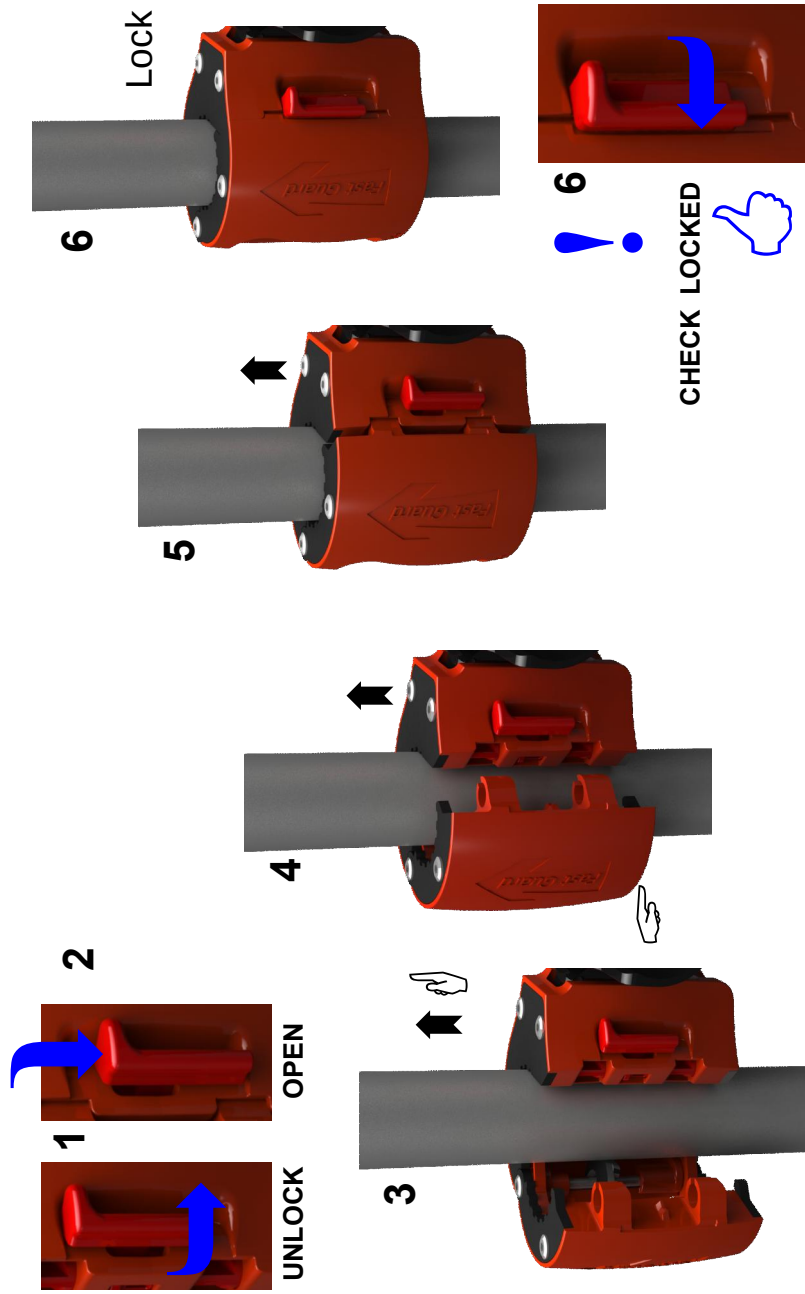
WAND SAFETY INSPECTION (before each use)



- 1 Ensure all fixings are tight
- 2 Check lock for correct operation
- 3 Ensure wand clean and free from debris

SAFETY NOTE If the Wand shows signs of wear or damage DO NOT USE refer to manufacturer

COUPLER OPENING & FITTING



TIP For smooth fitting continuously slide coupler upwards whilst closing

COUPLER TUBE LOADING & UNLOADING



4 TUBE SLIDE
Locate in top Position

Click !

← **OPTION** →

5 TUBE LOCK
Locate in bottom Position

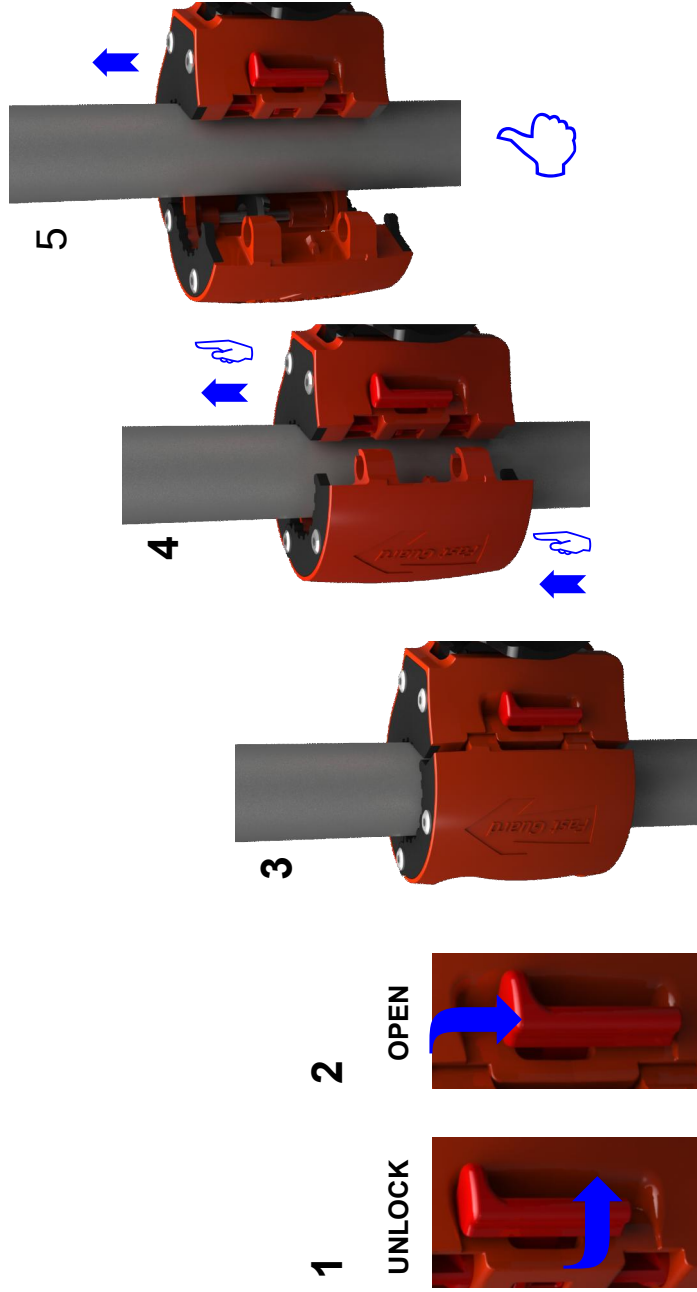
Click !

SAFETY NOTE
Two couplers must always be used with each tube length
One should 'SLIDE' Position 4
The other 'LOCK' Position 5

SECURE CATCH OPTION 1 (tube free to slide) SECURE CATCH OPTION 2 (tube locked)

TIP For easy removal rotate tube towards you whilst lifting.

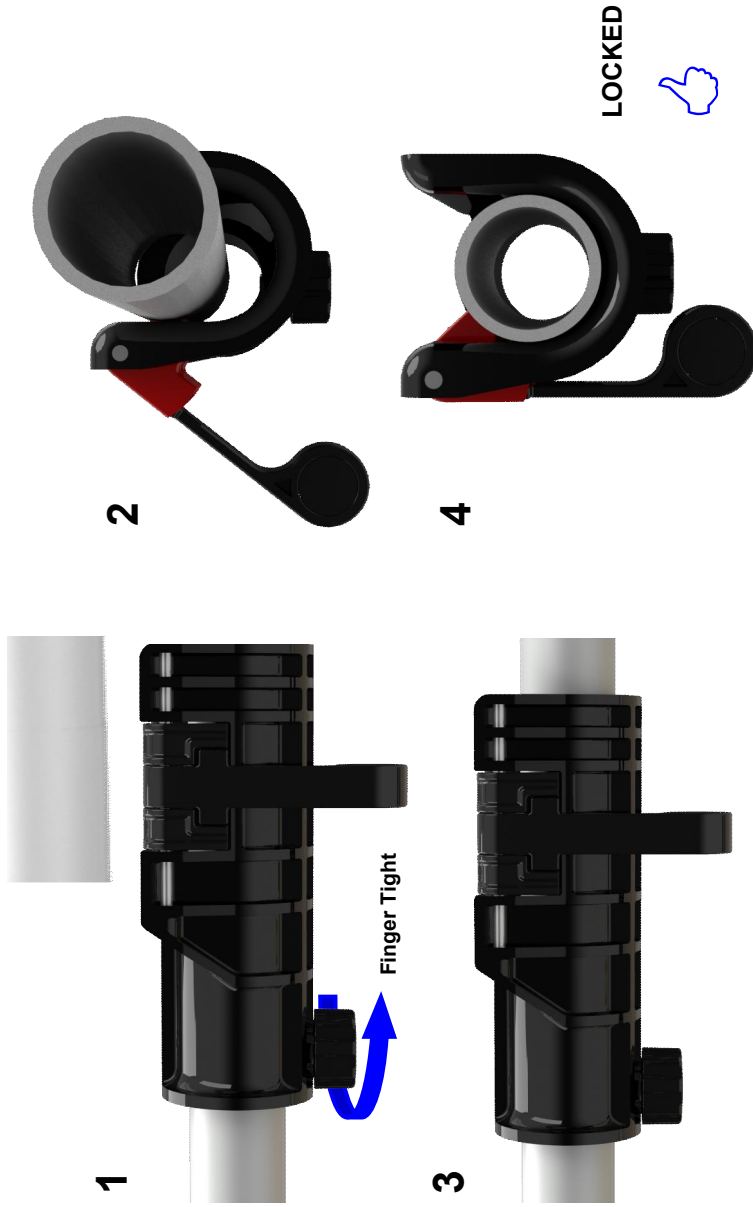
COUPLER REMOVING



TIP

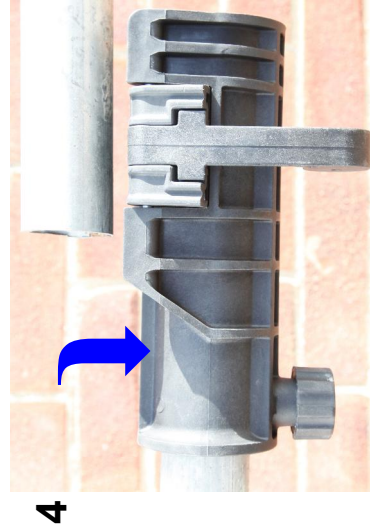
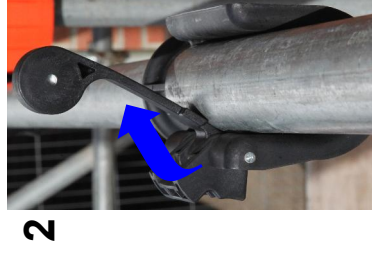
Following release of gate lock slowly raise coupler with two hands whilst opening.
ALWAYS store coupler, when not in use, with cradle lock in Tube Slide position.

JOINER FITTING



TIP Align joiners correctly before raising guardrail

JOINER RELEASING



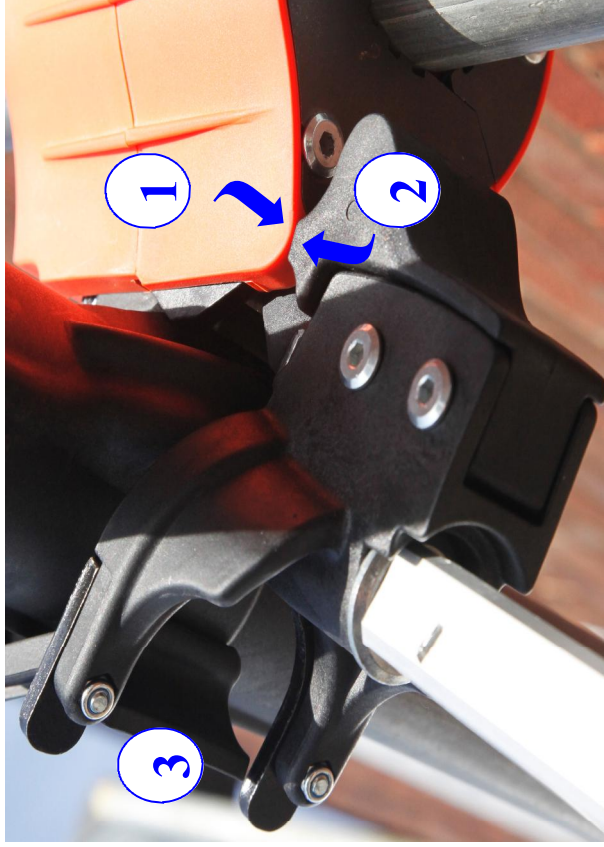
RELEASED

TIP

When releasing use wand head to flip joiner locking arm into unlock position

COUPLER RAISING WITH WAND

- 1 Locate wand fully onto coupler
- 2 Use wand to raise coupler at point 1
- 3 Wand jaws face out for raising



TIP

Wand jaws face outwards for raising couplers

SAFETY NOTE

Ensure wand head does not foul cradle cam lock blade

COUPLER LOWERING WITH WAND



1 Slide wand up scaffold standard and allow wand head to bump into place.



2 Ensure wand fully locates within coupler taking care not to release locking plates at this time



3 Supporting full weight of cradle through the wand, rotate wand handle away and in line with the standard to release coupler

4 Allow coupler and handrail to descend in a controlled manner. Rotate wand handle back to standard to re-engage coupler locking plates .

TIP

Extend wand handle (if required) and ensure handle is locked

SAFETY NOTE

1. Support full weight of cradle through wand before releasing coupler.
2. Keep wand in line with standard. Do not apply any side movement to wand.
3. Re-engage coupler locking plates by returning wand towards standard.

WAND REMOVAL



☒ or
SIDE to SIDE



☒ Do not lever
IN or OUT



☒ Withdraw WAND HEAD
while maintaining
removal position



☒ Hang wand freely
to set removal
position

COUPLER LOWERING BY HAND



- 1 To lower coupler without wand support all weight under coupler (not cradle).
- 2 Depress and keep depressed thumb push to release locking plates.
- 3 Continuing to support full weight lower coupler in controlled manner.

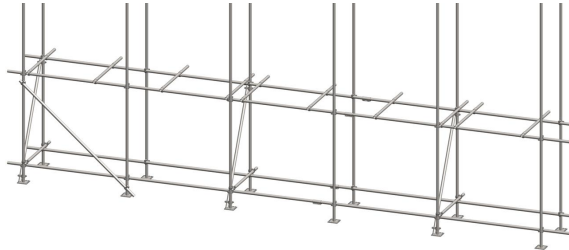
SAFETY Do not release locking plate thumb press without fully supporting weight under coupler (NOT CRADLE)

USING *FAST GUARD*™

STEP 1 Prepare

Complete the scaffold structure to the first lift setting out in accordance with TG20:08.

Load out *FAST GUARD* and handrail.



TIP

Do not install boards at this time

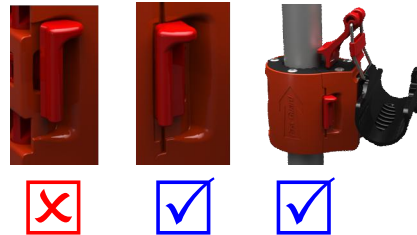
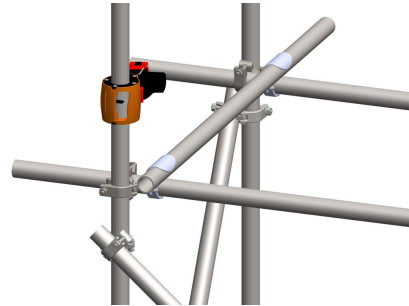
STEP 2 Fit, Lock, Open Cradles

Whilst standing on the ground, take the first *FAST GUARD* coupler and with a slight upwards movement fit to the scaffold standard. Page 10.

Rotate the coupler around standard, to align guardrail inside scaffold platform.

Ensure the coupler gate catch lock is in the locked position.

Open cradle cam lock ready to receive guardrail.



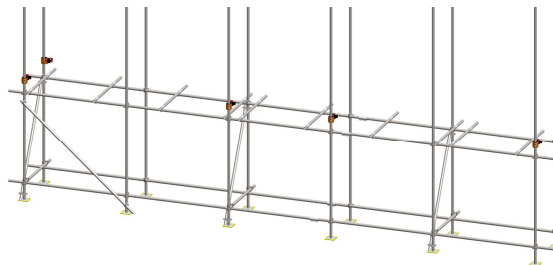
STEP 3 Repeat and Set Out Couplers

Fit further couplers along length of first lift, setting out to ensure each guardrail is supported by two couplers. For stop ends / returns detail see page 23 **Fig d**.

Note: Abutting guardrails must be linked with *Fast Guard Joiners* page 13.

When setting out ensure supporting standards are long enough and without joints to support the couplers when they ascend to their intended height.

Example configuration is shown in page 21 **Fig c**.



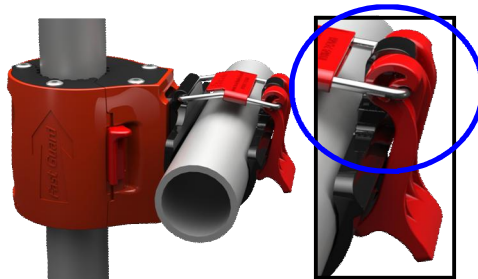
STEP 4 Load Guard Rails

Select appropriate length tubes and load into *Fast Guard* couplers.

Do not close cradle locks at this time, but align the guardrail overhangs within the couplers such that one cradle can be set 'Tube Slide' (Fig. a) and the other 'Tube Locked' (Fig. b).

Example configuration page 21 Fig c.

Fig. a Tube Slide

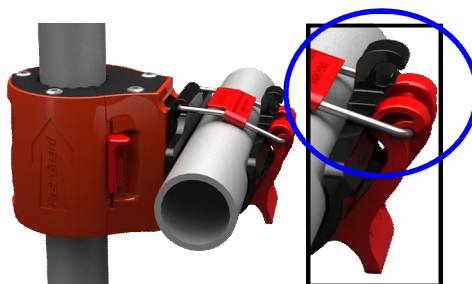


TIP As a guide the tube overhang should exceed the length of an extended wand

SAFETY

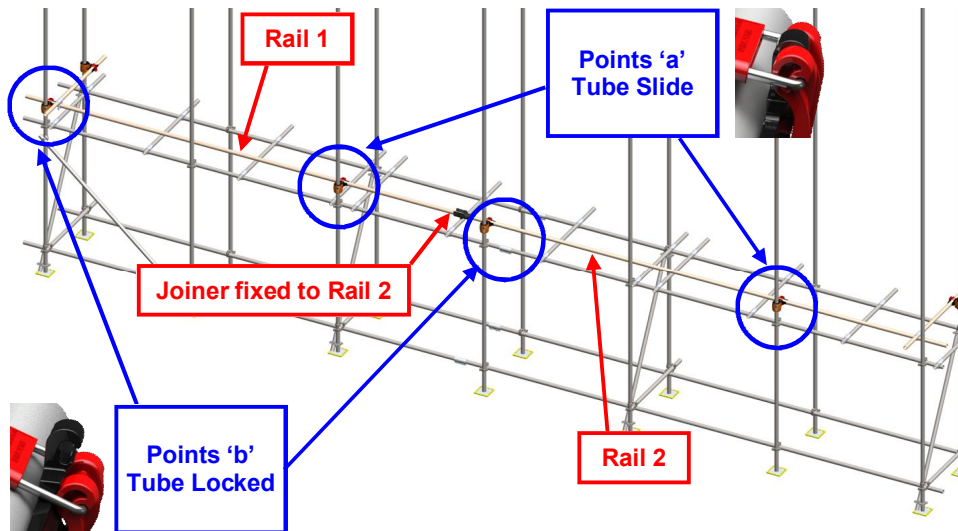
Ensure overhang is sufficient to prevent tube sliding completely through coupler during operation.

Fig. b Tube Locked



TIP
Minimum overhang 200mm to allow Joiner connection, if required

Fig. c Example Configuration



At **Points 'a'** the cradle cam locks are in the '**Tube Slide**' position and the tube overhang is sufficient to allow safe travel through coupler when raising.

At **Points 'b'** the cradle cam locks are in the '**Tube Lock**' position with sufficient overhang to allow a *Fast Guard* Joiner to be fitted, if required.

SAFETY

Two couplers must ALWAYS be used with each tube length.

Ensure Point 'a' overhang is sufficient to prevent tube sliding completely through coupler during operation. See page 23

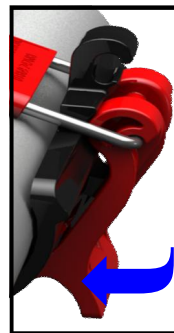
STEP 5 Fit Joiners

For each guardrail securely attach one Joiner using the fixing thumb screw. Take care to ensure correct alignment of the Joiners with adjoining section of guardrail. Page 13 details **1 & 2**.

After Joiner is fitted and aligned set locking arm position to 'open' allowing guardrails to be raised in due course. Page 14 detail **3**.

STEP 6 Lock Coupler Cradles

Close and lock all coupler cradles in their respective **Tube Slide** or **Tube Lock** positions, ensuring the cam blades **click** fully closed.



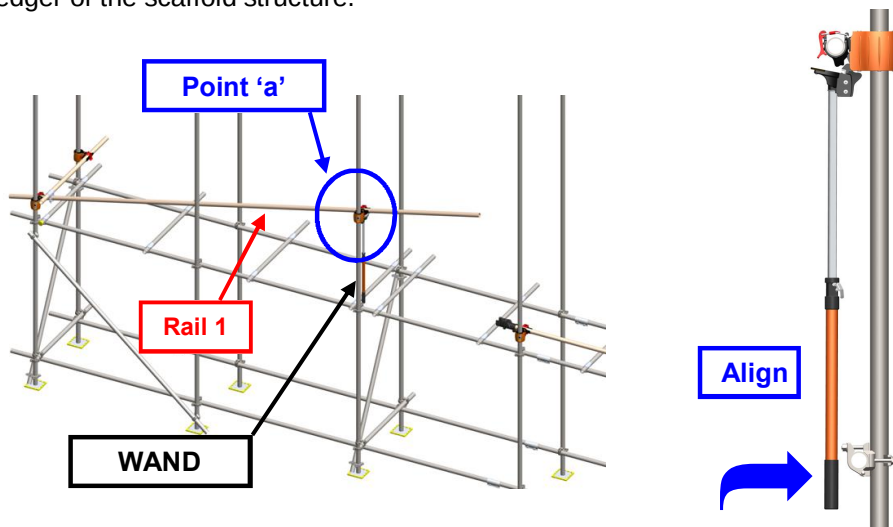
Click



Click

STEP 7 Raise & Level Phase 1

Using an extended Wand, raise Rail 1 **Point 'a'** into position, setting the correct height and level by aligning the Wand positioning mark with the fixed outside ledger of the scaffold structure.

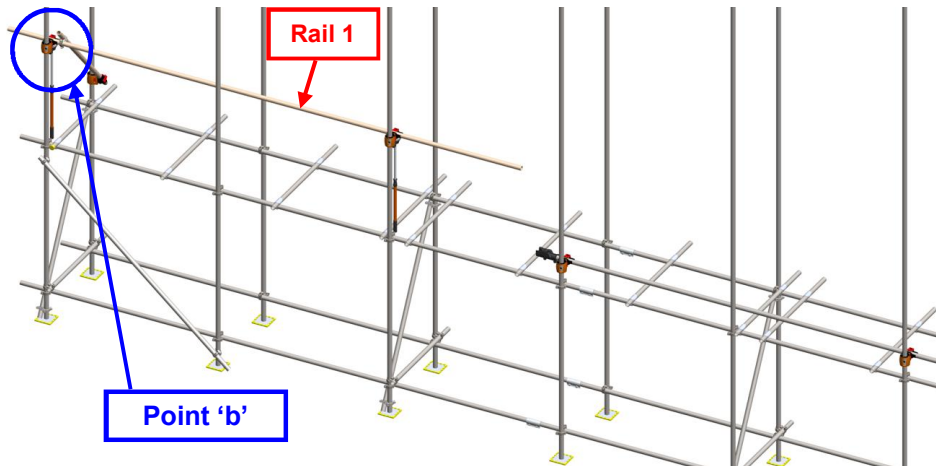


TIP

Use the alignment groove on the Wand handle to set guard rail from ledger to your preferred height.

STEP 8 Raise & Level Phase 2

In a similar way move Rail 1 **Point 'b'** to leave first section of guardrail raised and level.



TIP

Take care to level the temporary rail as this will be used to set the permanent guard rail level later.

Two *Fast Guard* wands can be used to raise, lower & level sections of guard rail in one operation.

SAFETY

Ensure standards are long enough to support *Fast Guard* couplers until they reach their intended height.

If necessary use a sacrificial puncheon.

Fig. d Stop Ends / Return Detail

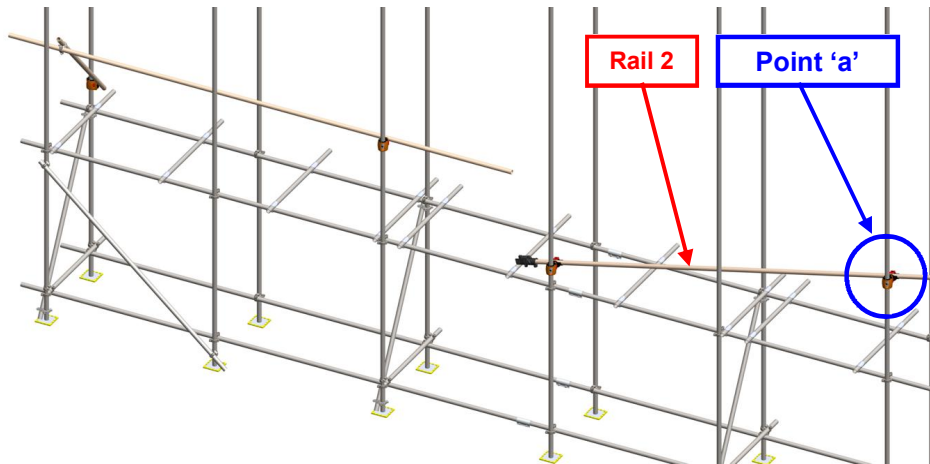
Stop end / return guard rails can be achieved by using two *Fast Guard* couplers.

Alternatively these details can be fixed by using a right angle scaffold coupler at one end and a *Fast Guard* coupler at the other.



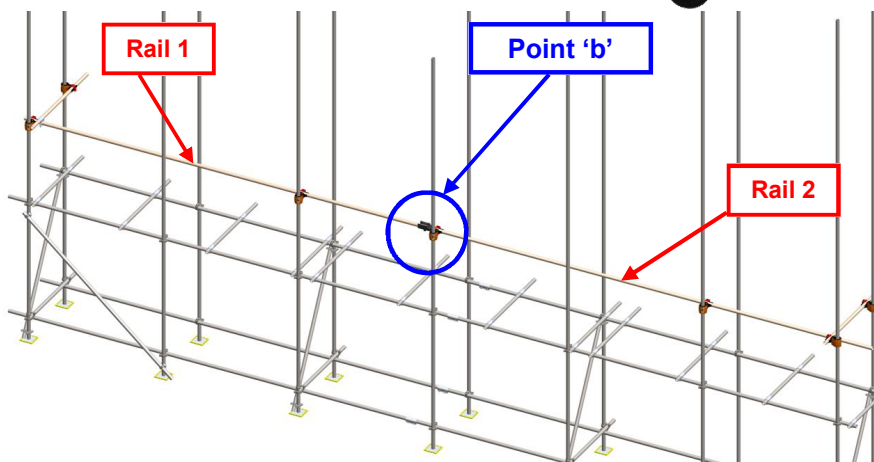
STEP 9 Raise & Level Phase 3

Now raise Rail 2 **Point 'a'** setting the correct height and level by aligning the Wand positioning marks with the fixed outside ledger of the scaffold.



STEP 10 Raise & Level Phase 4

Move Rail 2 **Point 'b'** into position making sure Joiner docks and locks correctly with Rail 1.



SAFETY

Ensure joiners dock and lock correctly as described in page 13.

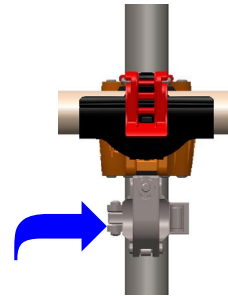
STEP 11 Board Platform

Completely board first lift prior to entering.

STEP 12 Fit Right Angle Couplers

Once all *Fast Guard* couplers and temporary guard rails are in place, including any stop-end rails and short returns enter first lift.

Fit right angle couplers directly under the *Fast Guard* couplers ready to receive permanent guard rail.



TIP

The previous Wand levelling procedure will have automatically set the permanent handrail position and level.

STEP 13 Fit Permanent Rail

Install a permanent guard rail into the right angle couplers leaving the *Fast Guard* temporary rail in place at this time **Fig e**. The *Fast Guard* temporary rail can now be moved upwards (after unlocking joiners) ready to protect the next platform level.

Alternatively move the *Fast Guard* rail into additional right angle scaffold couplers to form an intermediate guardrail **Fig f**.

Fig. e

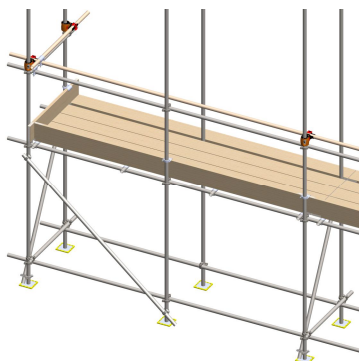
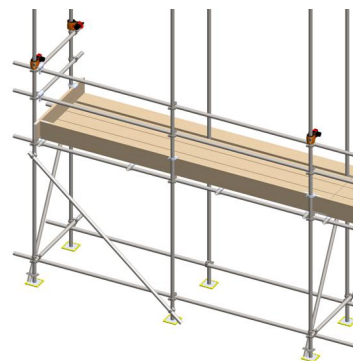


Fig. f



TIP

On occasions it may be beneficial to slightly raise the *Fast Guard* couplers prior to transferring rails to allow easier access.

STEP 14 Repeat

Working along lift repeat Step 13 and complete primary guard rail.

STEP 15 Remove Couplers

If *Fast Guard* is not being used for progressive lifts at this time, remove couplers and return to transport bag for safe keeping.

NOTE: When not in use, ALWAYS store couplers with cradle locks in *Tube Slide* position. This will ensure continued correct operation of the coupler cradle.

STEP 16 Fit Couplers for Subsequent Platform

When installing subsequent lifts, working safely within the permanent guardrail, repeat steps 2 to 6. Initially fit and set *Fast Guard* at a comfortable height above the permanent guardrail (chest height) **Fig g**. Next slide temporary guardrail, by hand, above the next ledger line.

At any point after fixing and levelling the next working platform ledger, raise *Fast Guard* to the correct position, repeating steps 7-11 **Fig h**.

Fig. g

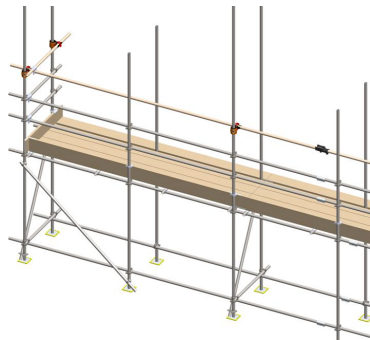
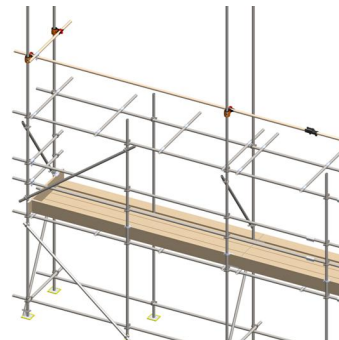


Fig. h



TIP

Raise *Fast Guard* by hand to an approximate position just above the ledger line before installing ledger or transoms.

Always lift under coupler not cradle

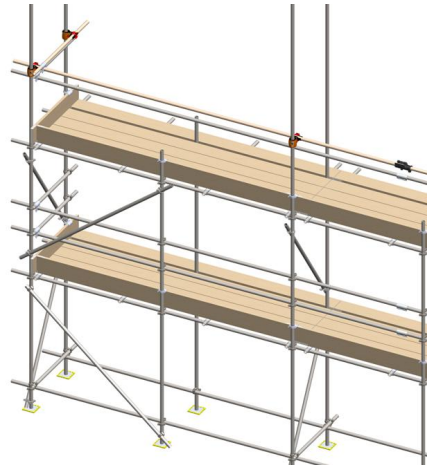
SAFETY

Ensure standards are long enough to support *Fast Guard* couplers until they reach their intended height.

STEP 17 Install Permanent Guard

Following completion of platform boards ascend to lift and install permanent rails as steps 12 to 15.

Either remove *Fast Guard* couplers to transport bag or raise the temporary rail for use in next lift (Step 13).



STEP 18 Complete lift

STEP 19 Store Couplers

On completion of the scaffold remove all *FAST GUARD* couplers and using the transport bag store safely ready for use at the next job.

NOTE: When not in use, ALWAYS store couplers with cradle locks in *Tube Slide* position. This will ensure continued correct operation of the coupler cradle.



TIP

When not in use, ALWAYS store couplers with cradle locks in *Tube Slide* position.

This will ensure continued correct operation of the coupler cradle.

STEP 20 Fit Fast Guard

DISMANTLING

To safely dismantle the scaffold, fit the *FAST GUARD* couplers at a point just above the existing top permanent guardrail **Fig i**.

Check and make sure the gate of each coupler is firmly closed and locked, Page 10.

Move the intermediate permanent guard rail into the *Fast Guard* couplers using joiners as necessary following steps 4 to 6 **Fig j**.

Joiners must be set to locked position at this time.

This will leave a complete temporary guard rail in place.

Following your normal sequencing of work dismantle the remaining top scaffold platform completely and descend to boarded platform below.

Note:

On base lifts, fit *Fast Guard* couplers to the outside of standards allowing ledgers and transoms to remain in place when lowering guardrails.

Fig. i

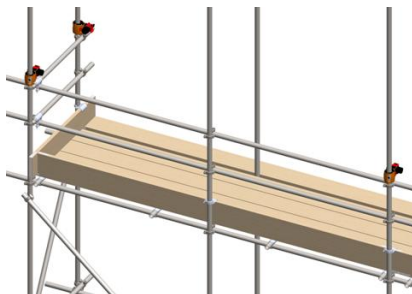
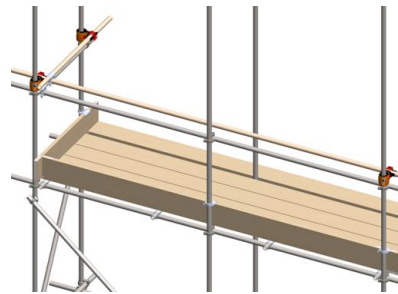


Fig. j



TIP

Ensure standards are long enough, and without joints, to support *Fast Guard* couplers as they descend to their intended height.

Re-use permanent intermediate guard rail as temporary rail

On base lifts, fit *Fast Guard* couplers to the outside of standards allowing ledgers and transoms to remain in place when lowering guardrails.

STEP 21 Set Joiner : Dock Wand

Using wand, set locks on joiners to 'release position' (page 14). Dock wand (page 16) into coupler. Prepare to support the weight of coupler and guard rail.



STEP 22 Lower Guard Rail

Move the wand towards you (away from the standard) to release coupler locking plates and support the full weight of the cradle and guardrail **Fig k**.

In a controlled manner lower the guard rail to just above head height.

Return the wand towards standard to re-engage coupler locking plates.

Set the Wand removal angle by allowing Wand to hang freely. Now remove Wand by applying a gentle uniform outward force.

Do not apply any sideways or rotational movement to wand. See **Fig l** and page 17.

TIP Maintain Wand removal angle as wand is removed.

DO NOT apply any side force to wand.

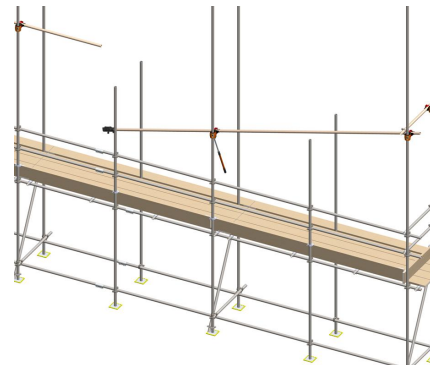


Fig. k



Fig. l



STEP 23 Hand Position Rail

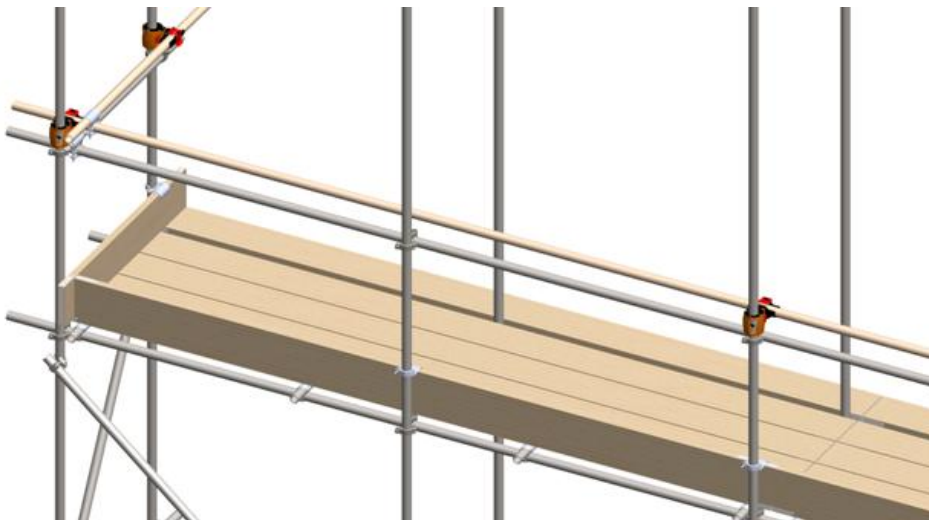
Continue lowering *Fast Guard* by hand (page 18).

Position guardrail rail just above permanent top guard rail on the working platform.

Ensure all couplers are set at correct height and all *Fast Guard* joiners are connected and set in locked position.

Now the *Fast Guard* rail is in place permanent guard rails can be removed.

Continue dismantling scaffold as required repeating Steps 21-23.



SAFETY

Ensure standards are long enough and without joints, to support *Fast Guard* couplers as they descend to their intended height.

TIP

Lower *Fast Guard* with Wand to head height then lower rail to new guard rail level.

USER NOTES

Revisions

Revision T Page 3 - Index
 Page 28 - Note added - Lowering 'base lift'

IMPORTANT INFORMATION

Recommendations

Before each use carry out an in depth visual examination in order to ensure the integrity of the *FAST GUARD* system - see pages 7-9.

Equipment that has been subjected to excessive impact or stress must not be used.

Never try to modify or repair a piece of equipment yourself.

Please keep this user guide with the product at all times.

Maintenance & Storage

Good maintenance and storage of your *Fast Guard* system will prolong its working life, while assuring your safety.

It is important to always store couplers with cradle locks in *Tube Slide* position.

The *Fast Guard* system should be treated and respected as a specialist tool.

Users should avoid storage or handling situations that may cause impact or damage to components.

Components DO NOT require periodic lubrication.
System components should be cleaned with water.
Never use acid solvents or anything based upon these.
Dry components in a well ventilated area.
Avoid sources of heat or UV light.
Store the system in the supplied transport bag provided.
Avoid any corrosive atmospheres and excessive heat and cold.

Operating Temperature / Humidity Range

0 to +40 deg centigrade. Do not use in freezing conditions.

Relative Humidity not less than 50% RH.

Contact Details & Further Advice

Additional safety and operation information is contained within this publication. For further advice or information please contact your immediate supervisor or manager.

Alternatively please contact B Safe Limited technical department.

Compliances

FAST GUARD complies with BS EN 12811-1:2003 and BS EN 13374:2004 requirements for temporary guardrails when used in accordance with:

1. This user guide.
2. Guidance notes BS EN 12811-1:2003 & BS EN 13374:2004.
3. Guidance notes TG20:08.
4. Traditional tube and fitting scaffolds constructed and manufactured to BS EN 39:2001 and BS EN 1139-1.2:1990.

Delivery

We would appreciate your assistance in checking the contents of your new *FAST GUARD* CFPS as soon as possible and report any defects or omissions to your supplier or B Safe Limited within seven days of receipt of goods.

Unfortunately we will not be able to offer any replacement for defects or omissions reported after this date. This statement does not affect your legal or statutory rights given under UK law.

Preparation

The successful implementation of any temporary work equipment system is in the pre-start planning and preparation.

Plan the installation of the *FAST GUARD* collective fall prevention system before commencing work.

Discard any components considered unfit for purpose.

Colour

Please note the colours used within this publication are intended to assist with guidance and do not fully represent the colours of your delivered *Fast Guard* system. This will not, in any way, be detrimental to the use or performance of your Collective Fall Prevention System.

User Guide Revisions

Please check our web site literature page for latest User Guide Revisions

B SAFE LIMITED

PRODUCT WARRANTY

B Safe Limited warrant to the original purchaser that this *Fast Guard* Collective Fall Prevention System is free of defects in both material and workmanship for a period of 12 months.

Note: This warranty expressly excludes consumable parts that are considered replaceable from time to time during the normal working life of the system.

- a) The warranty date commences from the date the goods are purchased.
- b) All warranty claims must be processed through the Dealer from whom the equipment was purchased. The Dealer will co-operate with the purchaser throughout the warranty claims procedure and will arrange any necessary repairs using genuine B Safe Limited parts.
- c) If the original Dealer is no longer available to fulfil his obligations please contact B Safe Limited with full details of the claim and proof of purchase so that this may be processed without delay.
- d) Any warranty claim can only relate to the specific part that is proven to be at fault and for which a replacement part will be supplied but cannot be extended to constitute a claim against the complete component or system.
- e) B Safe Limited will supply the Dealer with any warranty parts required subject to the claim being validated after return of the faulty items in accordance with B Safe Limited General Conditions of Sale.
- f) Claims will not be accepted if they are as a result of fair wear and tear, misuse or abuse of any kind.
- g) No replacement will be given unless the appropriate evidence of the validity of the claim has been provided to the satisfaction of B Safe Limited.
- h) B Safe Limited reserve the right to charge for any unnecessary work carried out as a result of an invalid claim.
- i) No variation to this warranty may be made or implied by any member of B Safe Limited or its Dealers unless such variation is in writing and authorised by the Company.

Please also refer to B Safe Limited terms and conditions of sale a full copy can be found online www.bsafelimited.co.uk or obtained from our offices upon request.

ISSUE CERTIFICATE RECORD

1. I acknowledge that I have received and read the B Safe Limited *Fast Guard* Collective Fall Prevention System User Guide and that I understand and will follow the guidance contained within.
2. I will complete inspection checks before each use, as listed in the guide, and remove from use any damaged components to ensure the continuing safe operation of the equipment supplied.
3. I will never use the equipment for anything other than its intended purpose and will take good care of the equipment issued to me.
4. I understand that I must not use any part of the *Fast Guard* system, or scaffold tubes supported by the system as a 'hop up' or an attachment point for a safety harness or any other fall arrest system.
5. I will promote safe working practises for myself and for others.
6. I will follow the WAHR 2006 hierarchy of working at height control measures.
7. I recognise that I have a legal duty of care to keep myself and colleagues safe during the execution of my duties.

I confirm that I have received () Number *Fast Guard* CFP systems

Received by	Signature
	Print Name
Issued By	Signature
	Print Name
	(Position)
Date	

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(Please retain this certificate for your Health and Safety records).



FAST GUARD™

Worldwide Patent Pending

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